

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs  
982 Eastern Parkway  
Louisville, KY 40217

Lee Gordon  
Phone: 502-595-4459 x268  
1-800-232-1160 x268  
Fax: 502-595-4673

Transition Scramble

Submitted by Pam Arnold, Bowling Green Office

I	V	K	T	S	E	L	F	C	A	R	E
F	N	J	O	Z	F	G	J	O	Y	O	V
A	Y	D	O	C	T	O	R	L	H	L	I
M	T	R	E	B	E	M	B	L	I	X	R
I	I	I	A	P	F	R	I	E	N	D	S
L	L	V	C	B	E	T	U	G	S	R	H
Y	A	I	W	Q	L	N	L	E	U	E	O
Y	E	N	O	M	T	E	D	O	R	A	B
V	R	G	F	U	T	U	R	E	A	M	B
M	E	D	I	C	A	T	I	O	N	S	Y
C	O	O	G	N	I	K	O	O	C	C	O
H	A	P	P	Y	B	R	A	V	E	S	E

TRANSITION SCRAMBLE

ABLE	HAPPY
BRAVE	HOBBY
COLLEGE	JOB
COOKING	JOY
DOCTOR	INDEPENDENCE
DREAMS	INSURANCE
DRIVING	MEDICATIONS
FAMILY	MONEY
FRIENDS	REALITY
FUTURE	SELF CARE



EMAIL US!

kytransition@aol.com

Do you need help finding resources or services in  
your area? Here's a website that can help:

www.kycares.net

Craft Dough

Fun from your kitchen, but not to eat.

1 cup flour 1/2 cup salt  
2 teaspoons cream of tartar  
1 cup water 2 tablespoons oil  
\*peppermint or wintergreen



Mix together first 4 ingredi-  
ents. Heat 2 tablespoons oil in a saucepan on the  
stove. Add the flour mixture to the heated oil and  
cook for the three minutes, stirring constantly.  
Turn out the ball of dough onto waxed paper or  
foil and let it set until cool enough to handle.  
\*Add a drop of peppermint or wintergreen for a  
nice clean smell. Knead the dough, separate it  
into two or more portions, and color as desired  
with food coloring.

This recipe will stay soft and pliable for a long time if  
kept tightly wrapped in plastic in the refrigerator.

1 cup flour 6 - 8 tablespoons of water.  
1/2 cup salt

Mix together dry ingredients. Add the water a  
tablespoon at a time, using only enough to mix the  
flour and salt into a pliable mass. Roll or pat out  
1/4 to 1/2 inch thick. Cut with cookie cutters or a  
sharp pointed knife-or use your hands. Bake at  
300 until hard.

This craft dough is used for objects you want to  
harden. Try making some Christmas ornaments or mod-  
els that you can paint.

Submitted by Anne O'Bryan in the Owensboro office



KY TEACH PROJECT

Independence

Justin Warren  
Guest Youth Editor

Summer Fun

It's summer and I know  
everyone wants to get out and  
enjoy it, but you may be say-  
ing, what is there to do? My  
answer is just about anything!  
Here are some of the big hap-  
penings and sites across the  
Bluegrass state.

- Covington area-Newport Aquarium (859) 491.FINS
- Cincinnati Zoo (513) 281-4700 or 1-800-94-HIPPO
- Lexington-Kentucky Horse Park and International Museum of the Horse (859) 233-4303
- Kentucky Basketball Museum (800) 269-1953 or (859) 225-5670
- Lexington Children's Museum phone (859) 258-3256
- Paducah-Tilghman Civil War Museum (270) 575-1870
- Paducah International Raceway 270/898-SHOW
- Louisville-Metro Parks Adapted Leisure Program <http://www.metro-parks.org/adaptedleisure.htm>
- Louisville Slugger Museum [www.sluggermuseum.org](http://www.sluggermuseum.org)  
Email [museum@slugger.com](mailto:museum@slugger.com) 502-588-7228
- Actors Theatre of Louisville [www.actors theatre.org](http://www.actors theatre.org) 502-534-1265, 800-4ATL-TIX
- Ashland- Huntington WVA Tristate Fair And Regatta mid July (304) 733-2770 or [summerfest.wv.com](http://summerfest.wv.com)
- Ribfest 3rd weekend of August (304) 696-5990
- Virginia Point Days July/August (304) 696-5954,
- Pike/Floyd Co Hatfields and McCoys Driving tour (800) 844-7453 or [tourpikeco.com](http://tourpikeco.com),
- Breaks Interstate Park (800) 255-7275
- Jenny, Wiley State Park Sept 2 Ky Folk Festival (606) 886-6303
- Bowling Green-National Corvette Museum 800.53VETTE 350 Corvette Drive, Bowling Green, KY 42101
- Hodgenville-Abraham Lincoln Birthplace National Historic Site [www.nps.gov/abli](http://www.nps.gov/abli) 270-358-3137.



Justin Warren



CCSHCN  
Summer 2002

Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:

Ashland  
800-650-1329

Barbourville  
800-348-4279

Bowling Green  
800-843-5877

Edgewood  
888-542-4453

Elizabethtown  
800-995-6982

Hazard  
800-378-3357

Hopkinsville  
800-727-9903

Lexington  
800-817-3874

Louisville  
800-232-1160

Morehead  
800-928-3049

Owensboro  
877-687-7038

Paducah  
800-443-3651

Prestonsburg  
800-594-7058

Somerset  
800-525-4279

If you would like to submit an article, a picture, a joke or riddle, or recipe for the next newsletter send it to:  
KY TEACH PROJECT, CCSHCN 982 Eastern Parkway, Louisville KY 40217

This publication was paid for with funds from the Department of Health and Human Services Health

Resources & Service Administration.

## Transitions and Motivating yourself to make one

**Transition** is defined as the process by which an individual changes from one role or situation to another, for example going from high school to college, from college to work and living independently in the community. The key to the success of transition is planning and the collaboration of various agencies with the involvement of youth and families as decision makers.

Youth should think about what their life will be like in a year, or in five years. Planning your life is like painting a picture. You can start small, and you don't have to finish everything in one day. The first step in creating your future is to make some plans and choices now. Start talking with school guidance counselors, and personally seeking what direction you would like your future to go.



Questions to ask yourself:

- what type of career do I want?
- do I need or want to go to college?
- what do I need to live independently?
- how can I be a part of the community?
- how can I manage my health care?

Good Luck!!!!

Article submitted by Judy Blackwell, Lexington  
CCSHCN, adapted by Greg Johnson

### Motivation:

#### Accessing your Passion

Motivation is unfortunately thought of as a flighty-kind of concept that people chase like they chase happiness. Motivational speeches pump us up, giving us the feeling of optimism for a short time, but soon reality sets in and we're right back where we started. Accessing our passion goes MUCH deeper and provides a lasting kind of meaning, energy and drive. Ask yourself, "Do people who are passionate about their work/goals have problems motivating themselves?" (No, they don't.) Do people who are in love with their work/goals think that virtually any problem can be solved? (Yes, they do...because passion grows your confidence and the ability to access solutions to tough problems.)

Here are two basic abilities that allow many individuals to access their passion with relative ease:

1. Simply the ability to feel your own feelings - to know how you really FEEL about anything & be able to celebrate your own strengths & interests. (Passion is not rocket science. It is just a bunch of feelings!)
2. Simply the conviction that your work/goals are important to you WHEREVER you are - and a little courage to pursue your goals with integrity & sincerity.



Article submitted by the Hopkinsville office, adapted from Transition Design Inc.

## SUMMER SAFETY & TRANSITION SELF PORTRAIT

### Summer Safety

It's the summer and I know everyone is really excited about getting out, and doing outdoor activities such as sports or swimming but something you must remember is that sometimes the heat is just not safe. By that I mean when you're out in the heat your body's cooling system goes crazy trying to keep it hydrated and cool. The best ways to keep cool is to drink PLENTY of water and if your playing pretty hardcore sports that last over a hour, sports drinks like Gatorade should do the job for you in keeping yourself hydrated and cool. Always look for shade if possible, it will help you keep cool and if you have access to some towels, put them in ice water and put them over you, it will help your body cool. Be really careful because heat stroke and heat exhaustion can be quite dangerous, with the earlier being deadly.

Another summer safety issue is your skin. Being out in the sun is quite dangerous, with repeated days in the sun can someday cause skin cancer. The best idea for this would be to use a sun blocker that at the very minimum is SPF 15, but its recommended you use even higher sun blockers.

Lastly, if you have medical problems like you need to be catheterized every so many hours, then you should, no matter how much fun you're having with your friends or whatever you're doing, keep to that schedule. Does it make sense to have one good day of fun and then go to the hospital because your kidneys are infected? I didn't think so. Justin Warren



Self portrait by Jackie Nalley, Jackie, 18, is well on her way to transitioning to independence. She recently graduated high school, and is working at Heine Brother's Coffee. Jackie lives in Louisville.

For more information on Transition check out the Commission Website: <http://commissionkids.state.ky.us>